

MENU PLANNING GUIDE

for School Meals

**Meeting the U.S. Department of Agriculture's
Meal Pattern Requirements for the
National School Lunch Program and School Breakfast Program**

School Year 2015-16



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MENU PLANNING GUIDE FOR SCHOOL MEALS

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ABOUT THIS GUIDE

The Connecticut State Department of Education's (CSDE) *Menu Planning Guide for School Meals* contains information and guidance on planning menus to meet the U.S. Department of Agriculture's (USDA) new meal patterns for the National School Lunch Program, School Breakfast Program and Seamless Summer Food Program, based on USDA regulations and policy and Connecticut statutes and regulations. This guide includes the following sections:

- 1 – Meal Patterns
- 2 – Meal Components
- 3 – Menu Planning
- 4 – Meal Service
- 5 – Dietary Specifications
- 6 – Resources
- Appendices
- Glossary

Each section contains links to other sections of the guide, when appropriate, and to Web sites with relevant information and resources. These can be accessed by clicking on the blue highlighted text throughout this guide.

The mention of trade names, commercial products or organizations does not imply approval or endorsement by the CSDE or the USDA. Product names are used solely for clarification.

The contents of this guide are subject to change. The CSDE will update this guide as the USDA issues additional policy and guidance regarding the school nutrition programs. Please check the CSDE's [Menu Planning Guide for School Meals](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320) Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320> for the most current version.

For more information on the *Menu Planning Guide for School Meals*, contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, at susan.fiore@ct.gov or 860-807-2075.

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For information on the Afterschool Snack Program (ASP), Special Milk Program (SMP), Child and Adult Care Food Program (CACFP), Fresh Fruit and Vegetable Program (FFVP) and Summer Food Service Program (SFSP), visit the CSDE's [Child Nutrition Programs](#) Web page (see "Web Sites" in section 7).

ABBREVIATIONS AND ACRONYMS

APP	alternate protein product
CACFP	Child and Adult Care Food Program
CFR	Code of Federal Regulations
CN	Child Nutrition
CNP	Child Nutrition Programs
CSDE	Connecticut State Department of Education
DAS	Department of Administrative Services
FDA	Food and Drug Administration
FFVP	Fresh Fruit and Vegetable Program
FNS	Food and Nutrition Service, U.S. Department of Agriculture
HFC	Healthy Food Certification
HACCP	Hazard Analysis Critical Control Points
HHFKA	Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)
LEA	local educational agency
NSLP	National School Lunch Program
OVS	offer versus serve
POS	point of service
RCCI	residential child care institution
RDA	Recommended Dietary Allowance
SBP	School Breakfast Program
SFA	school food authority
SFSP	Summer Food Service Program
SMP	Special Milk Program
SSO	Seamless Summer Option of the NSLP
USDA	United States Department of Agriculture
VPP	vegetable protein product

